



RESET STRENGTH

Ashtanga Yoga

INTRODUCTION

Ashtanga Yoga is an ancient practice outlined by Sage Patanjali in the Yoga Sutras. It offers a systematic approach to self-improvement and personal empowerment. The eight limbs of yoga serve as a guide to living a balanced life, overcoming addictions, rewiring the brain, and practicing Brahmacharya (celibacy).

This e-book will simplify Ashtanga Yoga, providing actionable tips to help you implement its principles in your daily life.



CHAPTER : 1

Ashtanga Yoga, also known as the Eightfold Path, is divided into eight interconnected limbs:

1. Yama (Ethical Principles)
2. Niyama (Personal Disciplines)
3. Asana (Physical Postures)
4. Pranayama (Breath Control)
5. Pratyahara (Withdrawal of Senses)
6. Dharana (Concentration)
7. Dhyana (Meditation)
8. Samadhi (Union with the Divine)

Each limb builds on the previous one, creating a holistic framework for self-control, mental clarity, and spiritual growth.

CHAPTER : 2

YAMA AND NIYAMA

Yama teaches restraint and ethical behaviour:

- Ahimsa (Non-violence): Avoid harm to others, including negative thoughts.
- Satya (Truthfulness): Cultivate honesty.
- Brahmacharya (Celibacy): Channel sexual energy into creative and spiritual pursuits.
- Aparigraha (Non-possessiveness): Let go of material attachments.

Niyama focuses on personal discipline:

- Shaucha (Cleanliness): Keep your body and mind clean.
- Tapas (Self-discipline): Push through discomfort to build resilience.
- Swadhyaya (Self-study): Reflect on your habits and thoughts.

Practical Tip: Start your day with self-reflection. Ask: Am I living in alignment with these principles?

CHAPTER : 3

ASANA

Physical postures (asanas) prepare the body for higher practices like meditation and Pranayama. Regular practice improves flexibility, strength, and focus.

Recommended Postures for Self-Control and Energy:

- **Padmasana** : Supports meditation.
- **Siddhasana** : Improves stability.
- **Sarvangasana** : Energy Transmutation.
- **Mayurasana** : For Manipura Chakra & Digestion.
- **Dhanurasana**: For perfect body structure and backbone.
- **Padapashchimottasana**: For self-control and endurance.
- **Chakrasana** : For instant Relaxation and Body Strength.
- **Surya Namaskar**: Boosts energy and mental clarity.

Practical Tip: Dedicate 15-20 minutes daily to practice these poses. Focus on your breathing while holding each posture.

CHAPTER : 4

PRANAYAMA

Controlled breathing techniques calm the mind, reduce stress, and promote mental clarity. Pranayama helps rewire the brain by reducing overthinking and impulsive behaviors. Effective Pranayama for Addiction Removal:

1. **Nadi Shodhana (Alternate Nostril Breathing):** Balances the mind.
2. **Bhastrika (Fast and Random Breath):** Cleanses negative energy and Instant thoughtlessness
3. **Tribandh (Three lock):** For Sexual Illness, Sexual strength, Brahmacharya, Kundalini Awakening and Spiritual perfection.

Practical Tip: Practice Nadi Shodhana for 10-15 minutes in the morning and evening to gain control over compulsive thoughts.

CHAPTER : 5 PRATYAHARA

Pratyahara is the art of detaching your senses from external distractions. This is essential for those struggling with PMO (Pornography, Masturbation, and Orgasm) addiction.

Exercise for Sense Control:

1. Sit in a quiet room.
2. Close your eyes and focus on your breath.
3. Mentally observe each sense (sight, sound, touch, taste, smell) and consciously withdraw your attention.

Practical Tip: Use this technique before bed to quiet your mind and reduce digital cravings.

CHAPTER : 6 DHARANA AND DHYANA

Dharana is the one-pointed focus, while Dhyana is an uninterrupted meditation. Together, they develop self-awareness and control.

Steps to Meditate for Brahmacharya and Brain Rewiring:

1. Sit in Padmasana or Siddhasana
2. Close your eyes and focus on a mantra, such as "Om."
3. Visualise your goals of self-control and freedom from addiction.

Practical Tip: Begin with 10-20 minutes daily, gradually increasing the duration as your focus improves.



CHAPTER : 7

SAMADHI

Samadhi, or spiritual liberation, is the ultimate goal of Ashtanga Yoga. It represents a state of inner peace and alignment with one's higher self. This will become easier if you follow the instructions of various advanced and realised Guru.

Practical Tip: Trust the process and be consistent. Celebrate small victories and learn from setbacks.

CHAPTER : 8

LIFESTYLE TIPS

- 1. Mindful Routine:** Maintain a structured daily schedule to reduce idle time.
- 2. Healthy Diet:** Avoid stimulants like caffeine and sugar. Opt for sattvic (pure) foods like fruits, vegetables, and whole grains.
- 3. Avoid Triggers:** Stop exposure to explicit content and identify environmental triggers.
- 4. Productive Hobbies:** Channel your energy into creative activities like art, writing, or physical fitness.

Positive Affirmations: Repeat statements like "I am in control of my mind and body."

Daily Routine for Practicing Ashtanga Yoga

1. Morning:

- Wake up early in Brahma-Muhurta and practice Pranayama (15-30 minutes).
- Perform Yoagsana and Pranayama as told in Chapters 3 and 4 (20-45 minutes).
- Brain Rewire, Mantra Chanting & Meditation (30-60 Minutes).

2. Afternoon:

- Engage in productive activities and mindfulness.
- Eat a sattvic meal.

3. Evening:

- Reflect on your day using journaling.
- Practice Pratyahara and Positive Affirmation before sleeping including chanting of Mantra "Om Aryamaye Namah" 21 times.

PRO TIPS : RELAXATION RESPONSE

Stress is a significant barrier to self-improvement. The Relaxation Response Technique helps counteract stress and promotes mental clarity, preparing the mind for deeper practices.

Steps for Relaxation Response:

1. Find a quiet space.
2. Sit comfortably with your eyes closed.
3. Breathe deeply and slowly.
4. Focus on a simple word or phrase like "peace" or "calm."
5. Repeat the word silently as you breathe.

Practical Tip: Practice this technique for 10 minutes twice daily to build resilience against stress.

POSITIVE AFFIRMATION

Positive affirmations rewire the brain by replacing negative thought patterns with empowering beliefs. They are a cornerstone of the self-improvement journey.

Sample Affirmations:

- "I am in control of my thoughts and actions."
- "My mind is strong and resilient."
- "I am free from distractions and addictions."

Practical Tip: Write affirmations in a journal or recite them aloud every morning.



MANTRA HEALING

Mantra healing leverages the vibrational power of sound to harmonise the mind and body. The mantra Om Aryamaye Namah is particularly effective for calming the mind and enhancing focus.

How to Use Mantra Healing:

1. Sit in a quiet place.
2. Chant Om Aryamaye Namah aloud or silently for 5–10 minutes. (Morning & Evening)
3. Focus on the vibration of each syllable.

Practical Tip: Combine mantra chanting with meditation for enhanced results.

SPIRITUAL MUSIC HEALING

Music has profound effects on the brain and emotions. Spiritual music, especially with specific frequencies, promotes healing and relaxation.

Suggested Music Types:

- Classical Music: Enhances emotional well-being.
- Devotional Tracks: Balance mind and body.
- Classical Dances: Helps to heal your mind

Practical Tip: Listen to spiritual music while practising yoga or meditation to deepen the experience.



PLACEBO EFFECT

The placebo effect demonstrates the power of belief in creating real changes. You can leverage this effect to strengthen your brain rewiring efforts.

Steps to Use the Placebo Effect:

1. Create Positive Expectations: Believe in the benefits of your practices.
2. Visualise Success: Imagine yourself free from negative habits.
3. Track Progress: Celebrate small victories to reinforce belief.

Practical Tip: Pair this with daily journaling to reinforce positive changes.

BRAIN REWIRE

Breaking Chains (Basic)

This practice focuses on identifying and breaking negative patterns.

1. Identify triggers (e.g., boredom, stress).
2. Replace destructive habits with constructive ones (e.g., replace PMO urges with exercise, Spiritual Practice and reading).
3. Reflect daily to strengthen self-awareness.
4. Read the Book - The Superhuman Lifestyle

Mission Awaken 360 (Advanced) :

An all-encompassing practice combining meditation, visualisation, and spiritual growth:

1. Meditate daily with a focus on your long-term vision.
2. Use tools like spiritual texts, affirmations, and community support for motivation.
3. Dedicate time to creative projects that align with your higher purpose.
4. Read the Book - The Superhuman Lifestyle

Practical Tip: Start with Breaking Chains and gradually progress to Mission Awaken 360 for transformative results.

CONCLUSION

The journey to self-improvement requires persistence, faith, and the willingness to grow. You can achieve a life of balance, self-control, and fulfilment by integrating the practices of Ashtanga Yoga with modern techniques like mantra healing, spiritual music, and brain rewiring.

ABOUT MANTHANHUB

Manthanhub is an online platform founded by Radheshyam More in late 2017, focusing on personal development, spirituality, and brain optimization. It began as a YouTube channel sharing insights on spirituality, productivity, and the practice of Brahmacharya (celibacy), and has since expanded to include courses, music therapy sessions, and a vibrant online community. The platform emphasizes empowerment through active participation and community support, fostering a space for self-discovery and growth.

MANTHANHUB

“Helps To Brainstorm”

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